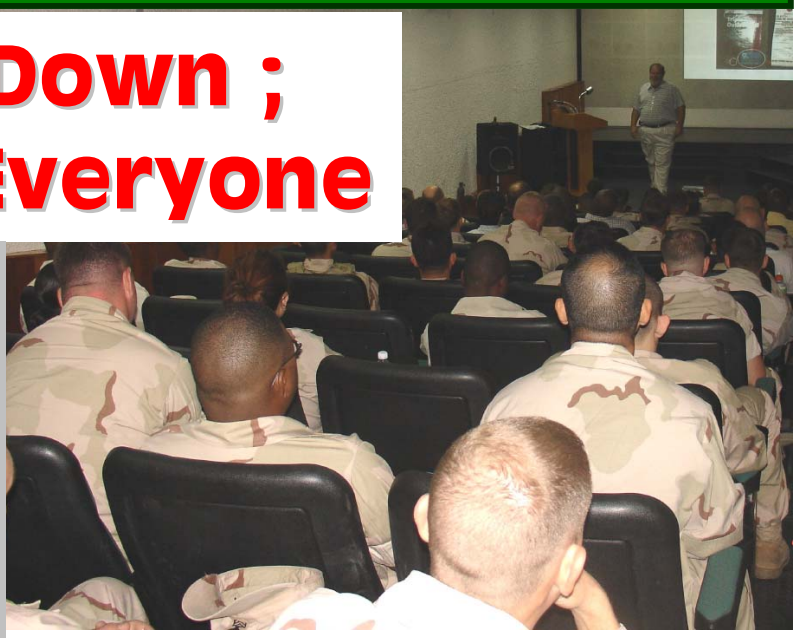
The GUARDIAN

Fire, Safety & Occupational Health Department
COMMANDER NAVY REGION SOUTHWEST ASIA

Volume 6 Issue 3 December 2005

Safety Stand Down ; Something for Everyone



Safety Director Keith Stelljes takes the center stage pointing out the Navy Traffic Safety Program Do(s) and Don't(s)

*By **Andy Abdullah**, NSA Bahrain*

Naval Support Activity (NSA) Bahrain spearheaded by the Occupational Safety and Health Department conducted the first quarter Recreation and Traffic Safety Stand Down, fiscal year 2006 for all NSA active duty personnel.

A total of 353 personnel from various NSA departments attended the ninety-minute safety training and presentation for three consecutive days commencing from November 14 to 16, 0400-1200 at the Base Theater.

NSABAHRAININS 5100.3 of 5 October 2005 tailoring Safety Stand Down Standard Operating Procedure mandates that all active duty personnel receive quarterly training on recreational, home and off duty as well as traffic safety issues and trends.

The Safety Office in coordination with Emergency Management Office (EMO) and Morale, Welfare and Recreation (MWR) Office developed topics for this quarter Safety Stand Down critical for the next ninety-day period in keeping with the Navy's mishap reduction goals and plans.

The major significant topics covered were Use and Operations of Automated External Defibrillator (AED), Use and Operations of Chemical, Biological, Radiological, Nuclear Explosive (CBRNE) Gears, Fire and Electrical Safety, Traffic Safety and MWR attractions and activities.

Regional Safety Director Mr. Keith Stelljes is optimistic that with team efforts, effective leadership and employee buy-in, successful stand downs will provide everyone with tools to make sound risk-based decision in support of their recreational undertakings.

Next quarter's Safety Stand Down is scheduled for January 16-18, 2006.

For more information, contact the Safety Office at 439-3527 or send inquiries to NSASafetyOffice@me.navy.mil.

NSA Departments	Actual No. of Attendees
PWD	44
NSF	246
ADMIN	08
LEGAL	03
RBO	2
CHAPEL	05
OPS	06
EMO	11
SUPPLY	28
TOTAL	353

FEATURES

Traffic Safety Holiday Season

The National Safety Council (NSC) predicts that 381 people will live to enjoy the Christmas holiday because they took a few seconds to buckle their safety belts before starting out on trips to visit relatives or to shop.
The sad news is that an estimated 522 people may die in traffic crashes over the Christmas holiday period. Of these 522 victims, 141 will not be wearing seat belts.

Seat belt use has risen dramatically in the past few decades, and thousands of lives have been saved as a result. Not everyone buckles up, though, and the excuses seem absurd in the face of these statistics.
Seat belts save lives and help prevent serious, disabling injuries. Nonfatal disabling injuries are estimated to climb to 27,700 over the Christmas holiday period. Besides wearing your seat belt, there are other things you can do to ensure safe and happy holiday travel. Make sure all children are placed in the back seat in age-appropriate safety seats, leave early for your destination to avoid frustration and speed-related collisions in case of heavy holiday traffic or inclement weather, and don't let drinking and driving wreck your holiday celebration. Even moderate consumption of wine or beer impairs a driver's ability to make the proper decisions on the road.

Fatalities Related to Impaired Driving during the Christmas and New Year's Day Holiday Periods

Introduction

In the past, about 45 percent of all fatalities during the Christmas and New Year holiday periods, on an average; have occurred in crashes where at least one of the involved drivers was impaired as compared to about 30 percent of all fatalities during the rest of December. This year, NHTSA's projections show that an estimated total of 410 persons will be fatally injured in motor vehicle traffic crashes during each of the three-day Christmas Holiday and New Year Holiday Periods. If the trend continues, about 185 persons will be killed in crashes involving an impaired driver during each of the two holiday periods.

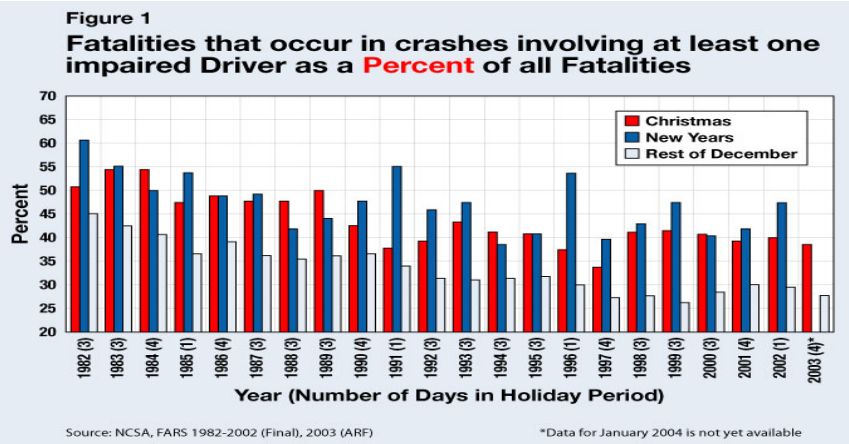
This Crash Statistics presents data that highlights the higher rate of involvement of impaired drivers in fatal crashes during the two holiday periods in December and compares the trend with the rate of involvement during the rest of the days in December. The number of such fatalities per day (fatalities averaged over the number of days in the holiday) during the two holiday periods is higher as compared to fatalities per day during the rest of December.

Results: Table 1: Fatalities per Day in Crashes involving an Impaired Driver by Holiday Period, 1998-2003.

Holiday Period	Fatalities per Day	Percent of Total Fatalities
New Year's Day	52	42%
Christmas	49	40%
December Weekends	45	40%
December Weekdays	25	21%
Whole Year	36	31%

Recent data from NHTSA's Fatality Analysis Reporting System (FARS, 1998 to 2002) show that fatalities associated with impaired driving, expressed as number of fatalities per day, are higher during the Christmas and New Year Day Holiday periods as compared to the fatalities occurring during the other weekends in December as well as weekdays in December leading up to the holiday period. In order to study overall trends in fatalities that occur in crashes involving at least one impaired driver, FARS data from 1982 to 2003 were used. Figure 1 presents the percent of all motor vehicle traffic fatalities that occur in such crashes during the two holiday periods in December and compares the data with those from the other days in December. The trend in Figure 1 shows that in most of the years, the percent of all fatalities that occur in crashes involving at least one impaired driver is the highest during the New Year's Day holiday period followed by the percentage during the Christmas holiday period. These percentages are consistently higher than that for the other days in December. The New Year Day's holiday period for a given year shown in Figure 1 includes the holiday period towards the end of the December for the year as well as the period falling on the next year. For Example, the 1982 New Year's Day Holiday Period includes 6pm on 12/30/82 to 6am on 1/03/83.

Figure 1



Of all motor vehicle fatalities that occurred, a greater percent during the two holiday periods occurred in crashes that involved at least one impaired driver as compared to the other days in December. Also, for most of the years in the period from 1982 to 2003, the percentage for New Year's Day Holiday period was greater than the percentage for the Christmas Day holiday period. Since the number of days covered in the holiday periods varies over the years.

In summary, fatalities in crashes that involve one or more impaired drivers appear to increase significantly during the Christmas and New Year's Day Holiday periods. The number of fatalities per day of the holiday period in such crashes during both the Christmas Day and New Year's Day holiday periods is significantly higher than the fatalities per day for the rest of December. **Drinking and driving - There are stupider things, but it's a very short list.**

Holiday Decoration Fire Safety Tips

Christmas is almost on us again and I wonder how many of us still look forward to it with the same wonder, enjoyment and anticipation as when we were still in our childhood.
Most people spend a great deal of time and money preparing for it but the older and wiser we get, the more we realize that the season can have its downside alongside all the festivities, parties and presents.
One of the secrets of having a memorable Christmas time is to be able to enjoy the fun, knowing that the risks have been assessed and appropriate safety measures put in place.

Christmas trees are known fire hazards:

- They should be freshly cut and should be placed in a container filled with water immediately. The water level must be maintained above the cut surface of the butt for the entire time the tree is kept indoors.
- The butt ends of Christmas trees should be cut off diagonally at least one inch above the original cut.
- Keeping the room temperature as low as possible and placing the tree away from radiators will aid in prolonging the tree's life.
- Excessive combustible material should not be accumulated under or near the tree. The tree should not be placed near a door where a fire could trap occupants in the room.
- If you decide to buy an **artificial tree**, be sure it is marked as made of low-burning materials.

Lights:

- Metal trees will conduct electricity: **Never use electrical lights on metal trees.** The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted!
- Check all strings of lights carefully before placing them on the tree. Frayed cords, loose sockets, and worn connections must be repaired or replaced before the string of lights is used.
- Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could shot and start a fire
- Use only electric lighting sets that have the Underwriter's Laboratories Label (UL)

Candles:

- Never use lighted candles on a tree or near other evergreens.
- Always use non-flammable holders.
- Keep candles away from other decorations and wrapping paper.
- Place candles where they cannot be knocked down or blown over.

Electrical Issues:

- Only used extension cables that have been tested
- Avoid daisy chaining extension cables
- Ensure they don't present a trip hazard for anyone
- Avoid routing underneath carpets or other places where they will be subject to heavy loads or abrasion.

General rules for holiday safety:

- Keep matches, lighter, and candles out of the reach of children.
- Avoid smoking near flammable decorations.
- Make an emergency plan to use if a fire breaks out anywhere in the home. See that each family member knows what to do. **PRACTICE THE PLAN.**
- Avoid wearing loose flowing clothes particularly long, open sleeves near open flames such as those of a fireplace, stove, or candlelit table.
- Plan for safety. Remember, there is no substitute for common sense. Look for and eliminate potential danger spots near candles, fireplaces, trees, and /or electrical connections.

http://www.cpsc.gov
http://www.baumholder.army.mil

USEFUL LINKS

Navy Safety Center's website:
http://www.safetycenter.navy.mil/default.htm

For info on Naval Safety Center's Your One Stop Safety Shop go to:
http://www.safetycenter.navy.mil/services/whattodo.htm

For ORM E-Learning compliance go to:
www2.cnap.navy.mil/
www.safetycenter.navy.mil/services/NKO-E-Learning.htm
www.navylearning.navy.mil/

For AAA Driver Course info go to:
www.safetycenter.navy.mil/ashore/motorvehicle/aaa/default.htm

For Motorcycle Safety Course info go to:
http://safetycenter.navy.mil/ashore/motorvehicle/motorcycle/default.htm
www.msf-usa.org/

For Driving For Life info go to:
http://www.nko.navy.mil/

For New Federal Agencies Safety & Health Recordkeeping Rule info:
http://www.osha.gov/recordkeeping/RKside-by-side.html
http://www.safetycenter.navy.mil/osh/downloads/finalrule.pdf
http://www.safetycenter.navy.mil/osh/downloads/recordkeeping.pdf

For Safety Recalls/ Alert Resources go to:
http://www-odi.nhtsa.dot.gov/cars/problems/recalls/
http://www.fsis.usda.gov/Fsis_Recalls/index.asp
http://www.cpsc.gov/cpscpub/prerel/prerel.html
http://www.fda.gov/opacom/7alerts.html
http://www.pueblo.gsa.gov/recallsdesc.htm

KNOW YOUR EMERGENCY CONTACTS

DSN: 439-4911
Commercial: 1785-4911
Local Government Emergency: 999

EXTENSION CORDS 101

The boring, but essential basics

- Use only UL or FM approved
- Always INSPECT for damage
  - –Look for damaged insulation, splices, or loose plugs
- Never run through doorways or under rugs
  - –Insulation can become damaged
  - –Potential fire or shock hazard
- Match plugs with outlets
  - –Never force a 3-prong plug into 2-prong socket
- Store cords indoors when not in use
  - –Outdoor conditions can deteriorate cord over time

Important Usage Tips

- Never use indoor cords outdoors!
- Know cord rating and total load placed on it!
  - –Cord gauge based on American Wire Gauge (AWG) system
  - –The larger the wire, the smaller the AWG #
  - –A 12 AWG cord can power more than 14 AWG
- Sample cord ratings (always read cord label):
  - –18 AWG – 8 Amps
  - –16 AWG – 13 Amps (typical outdoor lawn cord)
  - –14 AWG – 15 Amps
  - –12 AWG – 20 Amps (industrial applications)

Did You Know?

- **Cord Length**

–A cord, based on its gauge, can power a certain wattage at specific distances
»As the cord gets longer, the current carrying capacity of the cord gets lower
  - –A 16 gauge cord less than 50' will power 1625W
  - –Over 50' cord length good for only 1250W!!

Wattage Calculations

Safety through Knowledge!

- ALWAYS be aware of power being used by your light display

–Most smaller displays stay well within the limit of cord ratings
–But…how close are you to passing the threshold and have you ever known?

- Consider replacing larger bulbs that burn hotter with cooler burning miniature lights

Power Conversions

- Watts = Volts*Amps
- Volts = Watts/Amps
- Amps = Watts/Volts
- Many Christmas light products vary in regards to power ratings provided

–Some lights give rating in watts, while others may indicate amps
–Regardless, know the rating and how to convert into something useful

Power Calculations

- Most larger bulbs list power draw in watts
- For example, the larger C-7 bulbs typically pull 5 watts per bulb
- Simply count the number of bulbs and multiply by wattage value
  - –250 C-7 bulbs * 5W/bulb = 1250W
- A 16AWG cord will support, but….
  - –Don't forget about cord length, deterioration, and other factors
- Don't overlook power draw on smaller light sets
  - –Mini-lights are touted for their efficiency and low-cost power usage
  - –Be cautious of the math!
- A standard mini-light set of 100 lights uses 40 watts (about .34 amps)

–A large outdoor tree decorated with minis may use up to 2,000 lights (800W)
–If powering this tree on same cord as house decorations, you can easily overload the cord and/or outlet

Cords - A Few Basic Tips

- If in doubt, simply feel the cord after power has been applied for 20-30 minutes

–If it's warm to the touch, decrease the load!

- Use of an Amp Clamp to measure exact loads is safest method
- Avoid "daisy-chaining" multiple cords and light strands

–Not because OSHA frowns on it, but because you will run a higher risk of fire, overload, etc.

Keep it Simple. Keep it Safe.

Source: www.jrtc-polk.army.mil

Carbon Monoxide Risk Management

With the onset of cold weather, most of us have already switched on our heating systems. Beware! If you have not maintained your heating equipment this single act can be fatal.

Carbon monoxide (CO) is a colorless, odorless and poisonous gas that results from incomplete combustion of fuels such as natural or liquefied propane (LP) gas, oil, wood and coal. According to the Consumer Product Safety Commission (CPSC), CO poisoning associated with fuel-burning appliances kills more than 200 people each year.

Service members are not immune. One Sailor and his four dependents and one Marine died as a result of CO poisoning during FY 98-00. The Petty Officer and his family died after turning on their gas furnace the first night temperatures dropped. The marine's death resulted from sitting in a car with the engine running in his garage.

CO is so dangerous you can not take anything for granted. The old maxim "if something can go wrong, it will" applies equally to home heating appliances. Be proactive. Use the risk management process to prevent poisoning. Here's how:

1. **Identify hazards** - inspect your heating system for such things as a faulty furnace/heater, closed fresh make-up air return, dirty/clogged filters, blocked return air registers, inadequate ventilation, blocked chimney flue, or inoperative CO alarm. Certain plastic furnace vent pipes have just been identified in a recall by CPSC and require replacement.
2. **Assess risks** - critical - CO likely to cause death as exposure time and concentration increases. The potential for serious harm is so great immediate action is required if any hazards are found.
3. **Make risk decisions** - Have a qualified technician inspect your heating system, space heaters, fireplaces, hot water heater, vents and piping.
4. **Implement controls** - Clean or replace dirty filters regularly. Heed the manufacturer's recommendations. Do not allow furniture to block air registers.

If you use supplemental heaters, follow the manufacturer's warning about ventilation. (If you live in base housing ensure their use is allowed.)

Never use a hibachi or barbecue grill inside a home or garage.

Ensure the flue is unobstructed before lighting your fireplace.

Never leave your vehicle running in the garage. Do not assume opening the garage door is sufficient protection. When you start the engine, drive the vehicle outside immediately. When you return, turn off the motor as soon as you stop. If you suspect there is an exhaust leak, have it repaired.

Purchase and install one or more CO alarms. Units are designed to sense low levels of co and sound a loud audible alarm. Units with digital readouts are best. Follow manufacturer's recommendations for testing the alarm. Every month and if powered by a battery, replace as recommended.

5. **Supervise** - Be sensitive to health changes (unexplained headaches, nausea, dizziness, fatigue). If you suspect you or someone in your house is experiencing co exposure or poisoning, get fresh air immediately. Open doors and windows. Call 911 and go to an emergency room. Don't wait.

Risk management saves lives. It can save you and your family: Be a life saver.

Naval Safety Center

SAFETY ADVISORY COMMITTEE MEETING
December 15, 2005 / 0900-1000
Chapel/Training Center
Be there...don't be left out!

CHRISTMAS TREE Safety Tips

A fire on any day seems bad, but a fire on Christmas seems to be the worst. Some 800 Christmas trees caught fire in one recent year, with electrical problems the most common culprit. **Here are a few tips to keep your holiday season free from accidents and injuries:**

Purchasing the Tree

- When purchasing an artificial tree, look for the label "Fire Resistant." (Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.)
- When purchasing a live tree, check for freshness:
  - A fresh tree is green.
  - Needles are hard to pull from branches and when bent between your fingers, needles do not break.
  - The trunk butt of a fresh tree is sticky with resin.
  - When tapped on the ground, the tree should not lose many needles. A shower of falling needles indicates that the tree is too dry.
  - Watch out for trees with a greenish cast to their trunks and branches; many growers spray trees with green paint to make them look more appealing.

Setting Up the Tree

- When setting up a tree at home, place it three feet away from heat sources like fireplaces, radiators, portable heaters, heater vents, and TV sets.
- Cut off about two inches of the trunk to expose fresh wood for better water absorption.
- Keep the stand filled with water. Because heated rooms dry live trees out rapidly. A tree will absorb as much as a gallon of water or more in the first 24 hours and one or more quarts a day thereafter.
- Make another fresh cut in the tree stump if a seal forms at the base. A seal of dried sap will form over the cut stump in four to six hours if water drops below the base of the tree, preventing the tree from absorbing water later when the tree stand is refilled.
- To maximize freshness and minimize fire risk, keep the tree outdoors for a few days in a bucket filled with water before bringing it indoors to decorate.
- If the tree seems wobbly, center it in the stand more securely and reposition the bolts or screws. If the stand is too small, buy a larger, stronger stand. The tree stand should hold at least one gallon of water.
- Place the tree out of the way of traffic and do not block doorways.
- Use thin guy wires to secure tall trees to walls or ceiling; the wires will be almost invisible.

Safety is Fun !

TIDBITS

According to researchers at the Free University of Berlin the average "working" person has a 20 percent higher chance of having a heart attack on a Monday than on any other day.

The least risky popular sports: badminton and ping-pong.

Dorothea Dix, the first superintendent of U.S. Army nurses, recommended (as nurses) only women who were strong.

This and That

The ancient Greeks thought that if they ate parsley, they wouldn't get drunk. They were wrong.

There is a town in Maryland called Accident. It sits on a major state highway linking western Maryland with the rest of the state. On the approach to the town is a road sign that doubles as a warning and is always true, no matter what the traffic condition. The sign says: ACCIDENT AHEAD

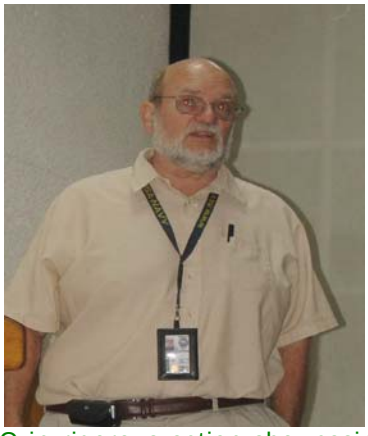
According to the U.S. Department of Agriculture, if you stripped absolutely all the fat off both a piece of pork and a piece of beef, you couldn't taste the difference.

An eighteenth century Parisian named Jean Jacques Perrett became tired of having his face cut while his barber shaved him. Wouldn't shaving be much safer and more comfortable, he wondered, if a wooden guard were attached to the straight razor blade so that only a snip of the blade protruded? And so was born the safety razor.

Benjamin Franklin's kite-flying experiment was a success. Not so for the next person who attempted the feat. Trying to repeat the sentry-box experiment, Russian physicist G.W. Richman was killed in St. Petersburg in 1753 when a "palish blue ball of fire, as big as a fist, came out of the rod" and struck him in the head. Richman died instantly from the lightning bolt and became the first martyr to the new age of electricity. From: They All Laughed, by Ira Flatow. Source: Makesafetyfun.com

ACTION PHOTOS
Safety Stand Down


SK1 Dasigan (left) and HT1 McCray (right) of EMO briefing participants with the use and operations of CBRNE gears.

Left-Right: Donald Marr of EMO in rigorous action showcasing steps to operate AED; Reminders on Fire and Electrical Safety this holiday season from Safety Manager Doug Hermann; Safety Specialist Selwyn D'Souza shakes the floor with some creepy statistics on traffic accidents; Lou Kehrli of MWR invites all personnel to on base attractions including self-pictorial with a camel this Christmas.




UT1 Kristek of EMO assists his volunteer Safety Specialist Janice Asumbrado in MOPP gears display; the volunteer models with confidence the Advance Chemical Protective Garment (ACPG) in MOPP levels. What's her size?

It's the holiday season again. Many service members are away from home keeping our country safe. To those fine men and women we say, "Thank you", and we want you to know that we are thinking about you. The one thing we want most of all this holiday season is to know that you will be coming home alive and in one piece. So do us a favor while you're working. Please keep your mind on the task at hand.

Your job is tough. It often requires your full attention to keep from having an accident. We know you want to think of your loved ones, but save it for your off-duty hours. After all, those who care so much about you wouldn't want to be the one distraction, which leads to a mishap.

Take care of yourself, whether you're away or at home, and let's all come back next year alive and well.

What's On Your Mind?

Photo of the Month

Holiday Mishaps

Let's take a little break from reality for a moment and enjoy a couple of staged (yes, I said staged) holiday photos. First bring your attention to the young lady standing at the scene of the lights-stringing tragedy. The "victim" was decorating his house when he lost his balance, got entangled in the wires, and fell. Guess her joke was a little too real. She took her masterpiece down after police complained about getting too many emergency calls about a guy that fell off his roof.

The second, even more tragic photo, shows the digital aftermath of a mid-air collision between a commercial jet plane and a private sleigh. Officials are conducting an investigation, but it looks like the sleigh was not equipped a with proper collision-warning system. Fortunately, the pilot of the sleigh will recover after a few days of bed rest.

Folks...these humorous pictures are easy to laugh at, but the sad fact is that we always end up reading about lots of unbelievable mishaps that really did happen over the season. Stay alert out there and come back from the holiday with a fully functional set of fingers, toes, eyes, and everything else. Happy holidays!

Naval Safety Center

Season's Greetings from your Safety Office:

Have a HAPPY and SAFE holiday!!!

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Mr. Stephen del Castillo	Fire Inspector	
Mr. Gilbert Fernandes	Fire Inspector	

SAFETY IS YOUR RESPONSIBILITY